CLAIMS

1. A system comprising a group of health care products, means for a sender to select an appropriate subset of the group of health care products to be sent to the recipient as a gift, means for inputting user and sender data and for storing the data, means for assembling and packaging the gift in a gift package, means for generating a gift card using the user and recipient data and for incorporating the gift card in the gift package, and means for sending the gift package to the recipient.

2. The system of claim 1 further comprising means for generating a thank you acknowledgement using the user and sender data and for incorporating the thank you acknowledgement in the gift package.

3. The system of claim 1 wherein the health care products are selected from the group consisting of weight management formulations; stress and anxiety relief formulations; mental function formulations; antioxidant formulations; prostate support; joint and bone support; immune system support; anti-aging; general nutritional support; vitamins; minerals; nutritional supplements; digestion; circulation and heart support; metabolism; and combinations thereof.

4. A method for the automated delivery of gifts comprising providing a group of health care products, providing means for a sender to select an appropriate subset of the group of health care products to be sent to the recipient as a gift, inputting user and sender data and storing the data, assembling and

packaging the gift in a gift package, generating a gift card
using the user and recipient data and incorporating the gift card
in the gift package, and sending the gift package to the
recipient.

5.   The method of claim 4 further comprising generating a
thank you acknowledgement using the user and sender data and
incorporating the thank you acknowledgement in the gift package.